## 10 MUST-HAVE HABITS



for student academic success



eaters



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No multitasking (it makes you slower and tired)



self-discipline

To Do:



Curiosity at school (ask questions)



Everyday to-do lists with manageable tasks



28 hours of sleep (yes, even on (suque)



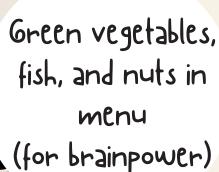
Note-taking at lectures





Scheduling and task prioritizing







## References:

- https://www.calendar.com/blog/time-eaters-destroying-productivity
- https://neuroscience.stanford.edu/news/why-multitasking-does-more-harm-good
- https://www.health.harvard.edu/healthbeat/foods-linked-to-better-brainpower
- https://www.ecpi.edu/blog/top-10-effective-study-habits-college-students

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